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Zumbro Valley Health Center Selected for Practice Transformation Grant

**Rochester, Minn.** – The Minnesota Department of Health has awarded Zumbro Valley Health Center a grant of \$26,018 to support its integration of primary care, behavioral health and social service programs. Zumbro Valley Health Center was one of 10 organizations across the state to receive funding.

“Research is increasingly showing the prevalence between mental illness and chronic health conditions,” said chief executive officer Dave Cook, LICSW, MSW. “A recent study reported in the February 2016 issue of JAMA Psychiatry, for instance, demonstrated a consistent pattern between mental disorders and subsequent development of chronic physical conditions.”

“A high number of Zumbro Valley Health Center clients have chronic medical conditions such as heart disease, obesity or diabetes in addition to their mental illness or addiction diagnoses,” said Cook. “To effectively treat their behavioral health disorders, it’s critical to integrate treatments so all diagnoses can be addressed.”

This project is part of a \$45 million State Innovation Model (SIM) cooperative agreement, awarded to the Minnesota Departments of Health and Human Services in 2013 by The Center for Medicare and Medicaid Innovation (CMMI) to help implement the Minnesota Accountable Health Model.

“Zumbro Valley Health Center has, and continues to be, an innovator in the integration of physical, mental and chemical health services,” said Janet Howard, practice transformation coordinator for the Minnesota Department of Health.

Cook said funds are being used to train staff in a variety of techniques to enhance the integration of services provided to clients.

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**About Zumbro Valley Health Center**

Restoring hope...one life at a time. For the past 50 years, Zumbro Valley Health Center has worked to improve the health of people in SE Minnesota regardless of their ability to pay. Our organization enhances the quality of life for individuals through an integrated model of care providing behavioral health, medical, dental and community support services. Last year, staff served 4,000 people, the overwhelming majority of whom are from under-served populations. The services we provide all have the same goal – helping people with an addiction disorder, a mental illness or a co-occurring condition lead more healthy, productive and self-sufficient lives. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at [www.zvhc.org](http://www.zvhc.org) or call 507-289-2089.

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